

Tim's "Mashed" Cauliflower

Thank you, Tim. for this idea. White potatoes are high glycemic. If you like mashed potatoes, this is one alternative you might try. There is a lot of flexibility in the recipe, so enjoy.

Ingredients

- 1 – 2 heads of cauliflower
- Desired spices

Steps

1. Steam head(s) of cauliflower so the heads are warm but not mushy.
2. Cut head(s) of cauliflower so that the pieces will fit nicely in a food processor.
3. Chop up in a food processor until the cauliflower is the texture you would like.
4. Spice to taste
5. Warm to desired temperature.
6. Serve

Courtesy of Cook Health Alliance (www.cookhealthalliance.com)